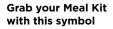
# **Thai-Style Fried Rice**

with Toasted Coconut & Chilli Fried Eggs









Vegetable Stock

Carrot







**Asian Greens** 



Ginger



Coriander





**Spring Onion** 



Lime



**Shredded Coconut** 



Thai Red **Curry Paste** 



Chilli Flakes (Optional)



Low Calorie



Add the classic Thai flavours of red curry paste, lime, coconut and coriander to fried rice to create a comforting dish that tastes totally new. Top it with a chilli fried egg for a touch of decadence.

**Pantry items** 

Olive Oil, Soy Sauce, Eggs

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

#### You will need

Medium saucepan · Large frying pan Medium frying pan

#### **Ingredients**

• • • • • • • • • • • • • • • • • • • •		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
coriander	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
lime	1/2	1
shredded coconut	1 packet	2 packets
Thai red curry	½ tin	1 tin
paste	(47.5g)	(95g)
soy sauce*	2 tbs	⅓ cup
chilli flakes (optional)	pinch	pinch
eggs*	2	4
		•

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	<b>561kJ</b> (134Cal)
Protein (g)	18.0g	4.4g
Fat, total (g)	15.8g	3.9g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	77.5g	19.0g
- sugars (g)	13.8g	3.4g
Sodium (g)	2110mg	518mg

#### **Allergens**

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



#### 1. Parcook the rice

In a medium saucepan, bring the water and **basmati rice** to the boil over a high heat. Crumble in the vegetable stock (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, uncovered and stirring occasionally, until the rice is almost tender, 10 minutes. Drain any excess water and set aside.

**TIP:** The rice will continue cooking in step 4!



### 2. Get prepped

While the rice is cooking, finely chop the carrot (unpeeled). Finely chop the capsicum. Roughly chop the Asian greens. Finely chop the garlic (or use a garlic press). Finely grate the ginger. Roughly chop the coriander. Thinly slice the spring onion. Thinly slice the **long red chilli** (if using). Zest the lime (see ingredients list) to get a good pinch, then slice into wedges.



### 3. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, tossing, until golden, 2-3 minutes. Transfer to a bowl. Return the frying pan to a high heat with a drizzle of olive oil. Add the carrot and capsicum and stir-fry until tender, 4-5 minutes. Add the Asian greens, garlic, ginger, lime zest and Thai red curry paste (1/2 tin for 2 people / 1 tin for 4 people) and stirfry until fragrant, 1-2 minutes.



#### 4. Add the rice

Add the **soy sauce** to the frying pan and stir to coat. Add the drained rice and cook, stirring, until tender, **2 minutes**. Remove the pan from the heat and stir through the toasted coconut, spring onion, 1/2 the coriander and a generous squeeze of lime juice.



## 5. Fry the chilli eggs

In a medium frying pan, heat a drizzle of olive oil over a medium-high heat. Add a pinch of chilli flakes (if using) and crack the eggs on top. Cook until the yolks are cooked to your liking, 4-5 minutes.

**TIP:** This will give a soft yolk, fry for **6-7 minutes** to get a hard yolk.



## 6. Serve up

Divide the Thai-style fried rice between bowls and top each with a chilli fried egg. Garnish with the remaining coriander and the long red chilli (if using). Serve with the remaining lime wedges.

## **Enjoy!**